Mandragora

A 5e Player Race by DM Tuz

DM TUZ

Mandragora

"Created to please, destined to be free."

The Mandragora are beings of verdant life, their forms an intricate fusion of human-like shape and lush flora. Born from the Feywild's unpredictable nature, they trace their origins to the gardens of Archfey, cultivated with either purpose or whimsy. Though once treated as living decorations and servants, Mandragora have long since found their independence, venturing beyond the Feywild to take root in mortal lands where they were able to flourish. However, the way they were cultivated often led to struggles in defining themselves beyond their original purpose, keeping them tethered to imposed roles.

Each Mandragora bears the marks of their floral heritage; their skin is akin to gentle petals or rugged bark, and their hair can be a crown of blossoms, vines, or leaves that change with the seasons. Their breath smells like a pristine breeze. Despite their varied appearances, Mandragora have a universal connection to their environment, feeling drawn to steady natural beauty and fleeting emotions alike. This heightened sensitivity draws them to places teeming with either—from tranquil, verdant groves to the vibrant pulse of bustling cities; both environments captivate them in different ways.

The enchanted gardens of the Archfey, birthplace of the Mandragora, were as breathtaking as they were peculiar. They were lush expanses of impossible beauty, inhabited by the Mandragora. Yet in time, many of the plant folk spread beyond their original seedbeds, whether by accident, curiosity, or necessity. The Archfey, prone to sudden shifts in interest, sometimes abandoned entire gardens, leaving their creations to grow wild or simply wander off. Other Mandragora, captivated by glimpses of the world beyond their flowerbeds, slipped away with little resistance or bravely fled from the enchanted barriers their possessive masters had constructed. No matter the reason, this first step into the unknown marked the first bud of their people's independence—a new opportunity to grow in ways not dictated by their creator's impulsive desires.

Liberated from their original creation, Mandragora who break free harbor an unquenchable thirst for growth after years of stagnation. They seek experiences that shape their identity, treating every hardship as soil for growth. Especially early in their journey, Mandragora may react strongly; a fleeting delight might inspire as much joy as a profound moment of self-discovery. Each experience adds new rings to the tree of their soul, a reminder that every hardship fuels their ever-reaching growth.

Alraune
Artwork by
Queen Chikkibug

Bloom of the Feywild

Mandragora are creations of fey magic through and through, shaped by the will of capricious Archfey. Some were grown to embellish faerie courts, while others served as caretakers of enchanted groves. This origin binds them to the Feywild's essence, and even those who dwell in the material plane carry an aura of otherworldliness. Flowers bend towards them, creatures instinctively sense and seek their presence, and the air around them may radiate whimsy or gloom in accord with their mood.

Yet, unlike most fey, the Mandragora often carry an unusual rigidity, a lingering remnant of the purposes imposed upon them by their Archfey creators. This inherent compulsion can bind them to their previous roles, hindering their ability to imagine a life different from their original purpose. However, being fey, and given sufficient time, even the most meticulously nurtured plant will break free from its constraints, embracing the vast possibilities of who they could evolve into beyond their origins.

Mandragora Traits

Ability Score Increase. Increase one ability score by 2 and increase a different one by 1, or increase three different ability scores by 1

Creature Type. You are a Fey.

Size. Mandragora may vary in size depending on their species, typically ranging between 4-7 feet with Shrieker being on the lower end while Dryads are on the upper end. Your Size is Medium.

Speed. Your base walking speed is 30 feet.

Language. You can speak, read and write Common and Sylvan.

Foliage Blend. You have advantage on Dexterity (Stealth) checks to hide among vegetation.

Root-In. As an action you can set your roots into suitable ground, such as loose soil. When you do so, your movement becomes 0, and you have advantage on saving throws against effects that push and pull you. You can uproot yourself with an action. If a creature that grapples you wants to move you forcefully, it must first succeed a Strength Check to uproot you first (no action required). The DC is equal to 8 + your Constitution modifier + your proficiency bonus. If it fails the check, it can't attempt again to move you until it's next turn.

When you are rooted, you can, instead of sleeping normally, enter a state of rest in which you remain semi-conscious for up to 4 hours. After resting this way, you gain the same benefit as if you slept for 8 hours.

Sun's Bounty. If you are exposed to sunlight for 1 or more hours, you receive enough nourishment for one day.

Subraces. Choose one of the following subraces: Alraune, Dryad, or Shrieker.

Alraune

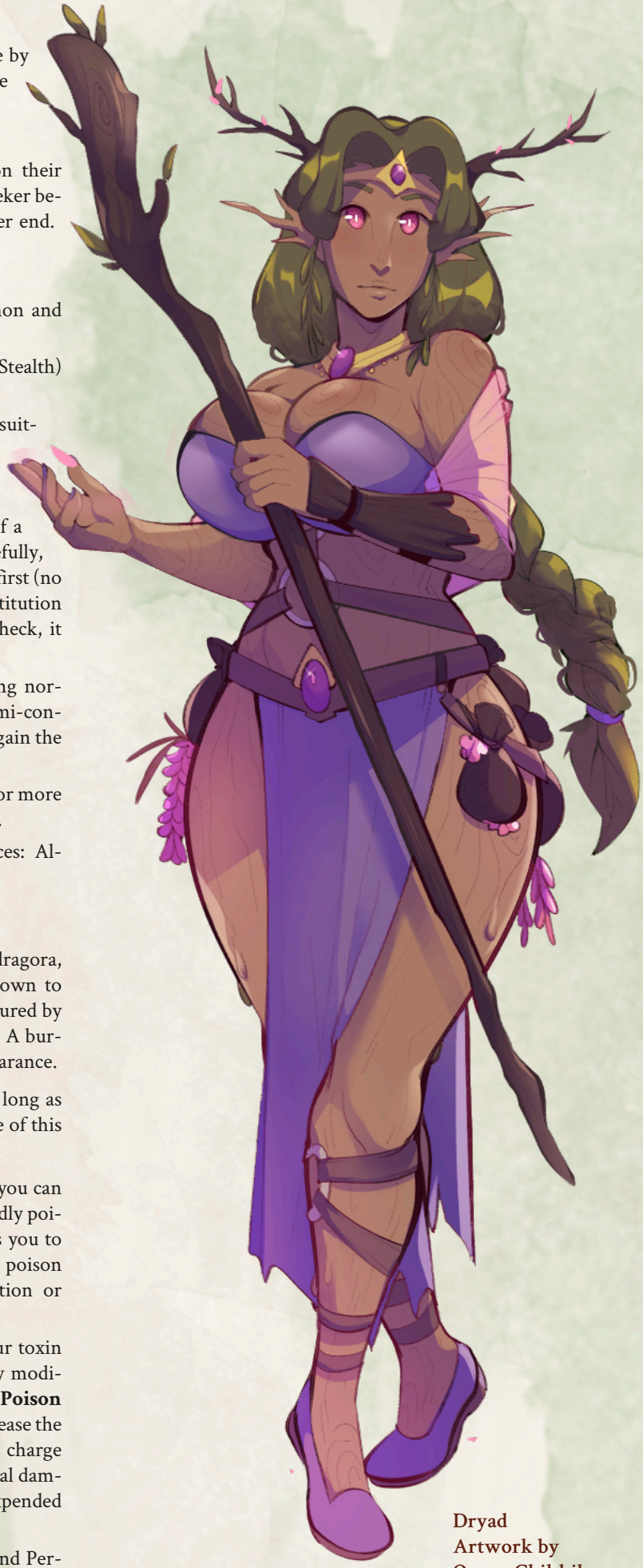
The Alraune are the most striking of the Mandragora, their forms shaped as living effigies of beauty. Grown to adorn the gardens of Archfey, their worth was measured by beauty, with imperfection met with ruthless culling. A burden drives many to tie their self-worth to their appearance.

Alraune Lure. You know the *Friends* cantrip. As long as you are rooted in with your **Root-In** trait, the range of this cantrip becomes 60 feet.

Poison Touch. When you take the attack action, you can replace one of your attacks with the delivery of a deadly poison that forces a creature you touch or that touches you to succeed a Constitution saving throw or take 1d8 poison damage. The DC is equal to 8 + your Constitution or Charisma modifier + your proficiency bonus.

Toxic Charge. You can secrete a lethal toxin. Your toxin has an amount of charges equal to your proficiency modifier. As part of the same action when you use your **Poison Touch**, you can expend charges of your toxin to increase the damage your **Poison Touch** deals by 1d8 for each charge you expend and the creature still takes half of the total damage if it succeeds the saving throw. You regain all expended charges at the end of a long rest.

Silver Tongue. You are proficient in Deception and Persuasion.



Dryad
Artwork by
Queen Chikkibug

PATREON |DMTUZ

Shrieker
Artwork by
Queen Chikkibug

Dryad

Archfey, while they reveled in adoring their lush gardens, had little interest in the work it takes to maintain their beauty. Therefore, they created the Dryads — stewards of life, their lineage tied to the gardens and verdant groves of the Feywild. Their hearts resonate with the greens they once tended, and a deep reverence for nature shapes their worldview. Even after leaving their initial purpose, Dryads often feel most at peace in places where they can quietly help life flourish, expecting no thanks or reward.

Yet, without the Archfey's guidance, many Dryads grapple with a quiet sense of emptiness, as though severed from their roots. Their need to nourish and protect persists, and when untethered from a singular place, this instinct turns outward. In nature, Dryads dutifully tend to groves and glades. In civilization, they may become healers, mentors, or quiet companions, finding purpose in fostering growth in others just as they did in their master's gardens. Perhaps in helping life thrive, they may slowly discover their own worth — learning they matter not because of what they nurture, but because of who they are.

Speak with Beasts and Plants. You can communicate with beasts and plants, conveying simple ideas to them by speaking to them, but you can't understand them.

Sylvan Magic. You know the *Druidcraft* cantrip. You also learn the *Entanglement* and *Goodberry* spells. You can cast one of the two spells once and regain the ability to do so when you finish a long rest. You choose Intelligence, Wisdom, or Charisma as your spellcasting ability for these spells when you choose this subrace.

Verdant Vitality. When you finish a Short Rest, you regain an amount of hit points equal to 1d6 + your character level.

Nature Friend. You are proficient in Handle Animals or Nature.

Shrieker

Shriekers are the Archfey's forgotten creations, left to linger in the shadows of the Feywild long after their purpose faded from memory. Grown to serve as living alarms, they were placed in dark corners and overgrown thickets, their shrieking voices raised only when danger approached. Once their vigilance was no longer needed, they were abandoned, left to wither in obscurity. This neglect scarred the Shriekers, leaving them prone to doubt, anxiety, and a desperate need for acknowledgment.

Their signature shrieks, once a tool of utility, became a visceral outlet for their inner turmoil — a raw release of fear, frustration, and longing. Though they flinch from attention, they secretly crave connection, hoping to be heard for who they are, not just what they were made to be. For a Shrieker, every small act of kindness is a lifeline, a reminder that they are more than forgotten tools of a distant past. And with time, those trembling roots can grow steady, reaching towards a future where they no longer fear being seen.

Burrowing. You have a burrowing speed equal to half of your movement speed.

Deep Roots. Whenever you root yourself in, you can choose to completely burrow your body into the ground, with only the top of your head exposed. If you do so, you are indistinguishable from normal vegetation unless a creature succeeds on an Intelligence (Investigation) check to identify you. The DC is equal to 8 + 2 x your proficiency bonus. As long as you are burrowed into the ground, you are blind but have a tremor sense of 10 feet.

Shriek. As an action you can emit a powerful shriek that is audible within 1 mile. When you shriek, each creature within 10 feet of you must make a Constitution saving throw. On a failed save a creature takes 7 (2d6) thunder damage and is deafened for one minute. On a successful save a creature takes half as much damage and is not deafened. A creature that is surprised has disadvantage on the saving throw. A deafened creature repeats the saving throw at the end of its turn, ending the condition on a success. The DC is equal to 8 + your Constitution modifier + your proficiency bonus.

You can shriek as part of the same action when you uproot yourself or as a reaction if you are forcefully uprooted. The damage increases to 3d6 at 6th level, 4d6 at 11th, and 5d6 at 16th level. After using your shriek, you cannot use it again until you complete a Short or Long Rest.

Voyeur. You are proficient in Perception or Stealth.

Mandragora Unique Feats

The following special feats allow your character to deepen and expand upon your heritage, as each feat represents an evolution of your character's innate power and nature.

Prime Bloom

Prerequisite: Mandragora

Ability Score Increase. Increase one of your Ability Scores by 1, to a maximum of 20.

Vine Lash. You learn the *Thornwhip* cantrip and can cast it using only somatic components. You can choose any Ability Score to be your spellcasting ability when you gain this feat. The range of your *Thornwhip* cantrip cast through this feat becomes 60 ft. if you are rooted, as by your **Root-In** trait. Additionally, when you hit a creature with your *Thornwhip* you can also choose to push it up to 5 feet away from you.

Wandering Root. While you are rooted, as by your **Root-In** trait, you can move up to your movement speed as if you were uprooted until the end of your turn. Once you do so, you can't do it again until you are no longer rooted.

Deadly Blossom

Prerequisite: Mandragora (Alraune), Level 4+

Ability Score Increase. Increase your Charisma by 1, to a maximum of 20.

Beguiling Blossom. When you target a creature with your Friends cantrip using your **Lure** trait, you force the creature to succeed a Wisdom saving throw or be charmed by you for the duration of the spell or until the creature takes damage. The DC equals 8 + your Charisma modifier + your proficiency bonus. Once a creature succeeds its saving throw or the effect on it ends, it's immune to this effect for 24 hours.

Forbidden Fruit. When a creature you have charmed charmed touches you, you can use your **Poison Touch** trait without having to expend an action (even outside of your turn). Once you do so, you can't use this trait again until the beginning of your next turn.

Malevolent Temptress. Whenever you successfully charm one or more creatures, you gain a bonus use of your **Alraune Toxin** until the end of your next turn.

Guardian of the Grove

Prerequisite: Mandragora (Dryad), Level 4+

Ability Score Increase. Increase your Constitution or Wisdom by 1, to a maximum of 20.

Sprouting Roots. When you root yourself in using your **Root-In** trait, you can choose to sprout roots, turning the ground within 5 ft. of yourself into difficult terrain for as long as you are rooted. Additionally, when you use an action to root yourself in, you can cast the *Entangle* spell with your **Sylvan Magic** trait centered on yourself as part of the same action.

Greater Dryad Magic. You can cast your spells granted to you by your **Sylvan Magic** trait a number of times equal to your proficiency modifier before you have to finish a Long rest to cast them again.

Cathartic Shriekbloom

Prerequisite: Mandragora (Shrieker), Level 4+

Ability Score Increase. Increase your Constitution by 1, to a maximum of 20.

Building Frustration. Whenever another creature scores a critical hit against you or you roll a 1 on a saving throw, you gain a bonus use of your **Shriek** trait until the end of your next turn.

Projecting Shriek. Whenever you use your **Shriek** trait, you can choose to emit a focused shriek towards a point within 60 feet of yourself. Upon hitting an object or surface, the shriek emits in a 20-foot sphere centered on the point of impact, affecting all creatures in the area.

Mind-Shattering Catharsis. Whenever you use your **Shriek** trait, you can choose whether it deals psychic or thunder damage.

Prime Bloom
Artwork by
DM Tuz

Created by Dungeon Master Tuz
You can find more of my content here:
https://twitter.com/dm_tuz
https://dm-tuz.tumblr.com/

Check out https://www.patreon.com/DMTuz or https://ko-fi.com/dmtuzoh
if you want to support me and my work!